



Family Relationships & Responsibilities

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

<p>What is necessary for a Soldier to Build Healthy Family Relationships and Responsibilities? Discuss some examples. Follow the Family PCC/PCI:</p> <p>P – Parents Model</p> <ul style="list-style-type: none">✓Parents lead by example✓Parents stay on the same page with each other✓Parents give support and encourage children <p>C – Communicate</p> <ul style="list-style-type: none">✓Use active listening skills✓Set clear expectations✓Give all members of the family the time and space to fully communicate <p>C – Cooperate</p> <ul style="list-style-type: none">✓Be a team player✓Set family goals and work towards them together✓Be open to compromise	<p>P – Prepare</p> <ul style="list-style-type: none">✓Plan for the future and set your family up for success✓Be flexible and be prepared for change. Lean forward and anticipate change✓Have a 5, 10, and 20-year plan for the family <p>C – Commit</p> <ul style="list-style-type: none">✓Make others' wellbeing a top priority✓Make promises and keep them✓Be committed to the growth and success of each family member <p>I – Identity</p> <ul style="list-style-type: none">✓Establish a family identity based on your values and morals✓Encourage individuality✓Recognize and accept that everyone has different personalities
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